

The Buzz from and about the Friends of the Beebe Library

Fall 2023

Museum Pass Spotlight:

The New England Aquarium

By Lucy Skeldon

Our fall Museum Pass expedition took us to that perennial favorite, the New England Aquarium, on a recent Saturday. Most of us have been there, either with family or on school field trips, and most of us may have been there that day, because the pandemic is over, and I'm here to tell you, crowds are back! So, if you do not love being in a sea of humanity as well as fish, consider finding a way to visit the aquarium on a weekday.

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Grab a Moment of Calm Check Out Headspace

By Nancy Tolleson

The Beebe Library offers many resources you can access from home. I signed up for Headspace over a year ago, but the nudge of a looming newsletter deadline finally got me to try it. We are all bombarded by so many distractions and demands on our time and attention. Mindfulness is a great tool to develop a way to re center and refocus on

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Read all about Wakefield 101 on page 6

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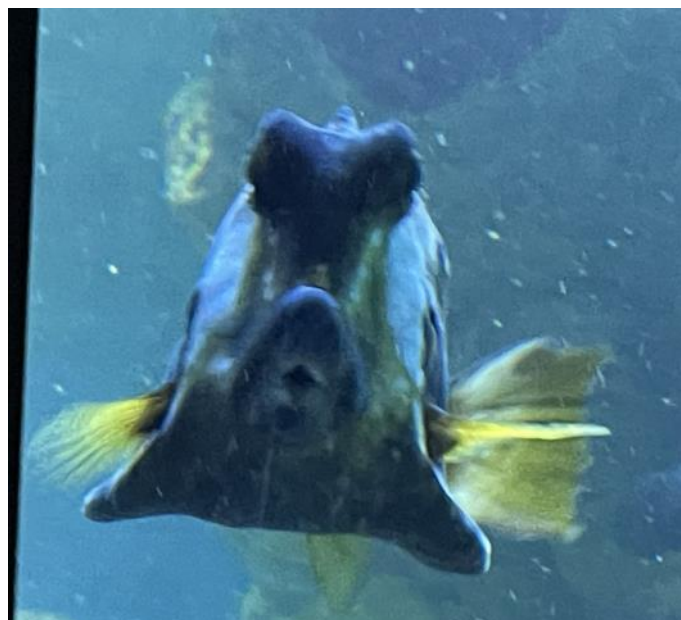
The library's Aquarium pass provides a 50% discount on admission for up to four people. When you reserve it, you'll receive a bar code which you can show at the admissions booth when you buy your tickets.

When you walk into the lobby, look for the "Today's Presentation Times" schedule on a card on the front of the information booth. It lists all the events you might want to plan to check out: penguin feedings, marine mammal presentations, Giant Ocean Tank Q&A sessions. I especially recommend that last one. Where else can you hear the answer to questions like, "How do you prevent predation in the tank?" and "Do sea turtles have birthday parties?"

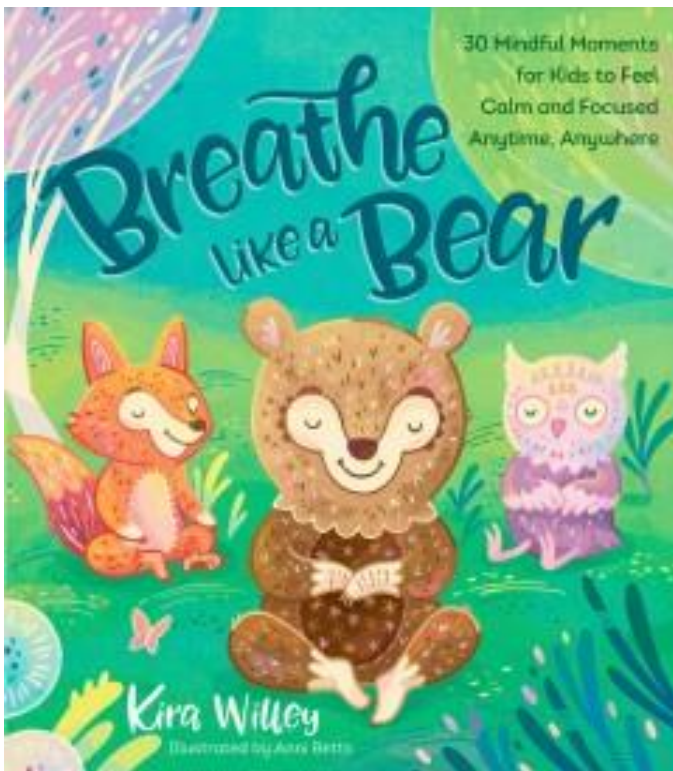
After you pass through the lobby, turn left to find the Shark and Ray Touch Tank. Listen to the facilitators carefully, because this works differently than it did several years ago, but it's still a pretty cool experience for those who are so inclined. One of us was so captivated here that she spent 45 minutes with her hands in the tank.

Back in the central part of the building you can enjoy all those penguins. Then the big decision: do you walk up along the Giant Ocean Tank first and then view the smaller exhibits on the way down, or the other way around? My call is Tank up, time it to reach the top for the Q & A session, then smaller exhibits on the way down.

And don't forget to plan to see the presentation at the Marine Mammal Center. Farley the Sea Lion is expecting you!



Top A Green Sea Turtle
Center An inquisitive Trunkfish
Bottom A ray gliding through the Giant Ocean Tank
Front cover An African Penguin



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what is important.

Headspace is an online resource with many levels of video or audio recording to introduce you to meditation or developing mindfulness. You can jump right in with some very short intros that focus on how to scan your body in preparation for the next step or how to breathe in a more restful manner.

The interface is very easy to use and offers far more options than I was expecting. Many are 10 minutes or less. Some build up in a series of steps and others are longer and more designed for helping you fall asleep. Some are geared to parents' others to travelers. There is something for everyone. The longer programs direct you to download the application to your phone. I enjoyed it and will definitely return to sample more. If you are interested in traditional print resources, check out 158.12 in either Adult or Youth Room nonfiction. There is a cute book for

kids called: *Breathe like a bear: 30 mindful moments for kids to feel calm and focused anytime, anywhere* / Kira Willey; illustrated by Anni Betts. Willey, Kira (author.).

A sample from the adult area includes: *Wherever you go, there you are: mindfulness meditation in everyday life*, Kabat-Zinn, Jon.

Libraries Change Lives

By John Breithaupt

Libraries are much in the news these days. Libraries contain books, and books have the power to change lives. Some people are afraid of that power. But the constant reading of books, attentively, curiously, joyously, can only make us understand more and know more and feel more. It's a risk well worth taking.

In his memoir *"Not So Wild a Dream"*, Eric Severeid wrote about growing up in a small town in the middle of the vast wheat fields of North Dakota. He learned about the greater world beyond the wheat fields from books in the town's one room library. He decided that someday he would get to know that world and would write about it for others. He became a journalist who reported on the turmoil of the twentieth century for CBS News — a career that began in a one room library.

Eric Hoffer, a migrant farm worker in California during the depression, borrowed books from the public library in towns where his work took him. He read books during the spare minutes of his days. And

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Teacher's Give-Away

By Helen VanBenschoten

After the bustle of the Friends Annual Book Sale subsides, there is always a large surplus of books that were not purchased. These books make their way to readers via the everyday book sale at the Beebe, book giveaways at Festival by the Lake and Farmer's Markets, and in recent years, into classrooms via the Teacher's Book Giveaway.

Book sale co-chair Cindy Schatz conceived the Teachers' Giveaway on noticing several adults collecting children's books at a farmer's market. Speaking with them, she learned that they were teachers collecting books for their students. Volunteers began compiling a list of interested teachers and soon the first Teacher's Book Giveaway was held, in the summer of 2020.

Since then the event has gained momentum

and this past summer it was held on three different days, as well as during several private visits. More than half of the participants were teachers preparing to start their first year and some became emotional because up to that time they purchased books out of pocket. The majority have been elementary teachers seeking children's board books and readers, but high school teachers found good selections of history books and classics. Several complete collections of leather-bound classics were acquired for school libraries.

Since the Annual Book Sale and the Everyday Book Sale generate funds for the Beebe Library, the Friends' top priority is to provide a large selection of books to make it a success. The giveaways only include books that have not been purchased, and it is held at a time when there is pressure to reduce inventory ahead of the expected fall and

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Volunteers Needed!!

In addition to our ongoing need for volunteers to assist with book drops, sorting, and preparation for the book sale, we are in need of volunteers to fill these additional roles:

- Assistant Treasurer
- Director
- Photographer
- Newsletter Co-editor
- Instagram Coordinator
- Digital Specialist to organize our records in Google Workspace
- Volunteer to digitize our financial records
- Float coordinator for the 4th of July parade

Please contact us at friends@friendsofbeebe.org for more information.

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winter donation drops.

If you know a teacher who might be interested in participating, please ask them to email beebebooksale@gmail.com. As always, book loving volunteers are needed year-round to help collect and sort book donations.

Discovering Worlds: *The Magic of Libraries*

By James Horne

In a world dominated by screens, the timeless magic within Beebe Library's walls beckons. As Friends of our local library, we guard this enchanting realm, where each book, workshop, or program is a portal to unexplored worlds and ideas.

Libraries are more than book repositories; they're vital community centers, providing workspace and a sanctuary for inquisitive minds. Supporting our local library preserves this charming space for generations. Picture the joy of finding a hidden gem on the shelves, a book transporting you to distant lands or offering fresh perspectives. Our libraries are treasure troves of knowledge awaiting those who venture into the stacks.

As Friends, our role is vital in sustaining this magical haven. Through fundraising events and community engagement, we help to ensure the library flourishes by supporting its programs.

Celebrate the magic of libraries and the Friends of Beebe Library's role in keeping the flame of knowledge alive. Together, we're architects of a world where imagination knows no bounds, and the love for reading and learning guides us through countless stories. Join us in weaving the spell of literacy and community in our town's heart.

Wakefield 101

By Helen VanBenschoten

Lake Quannapowitt!

The fourth of July Parade!

It's no wonder Wakefield is one of the top towns in the USA! On November 2nd, Wakefield rolled out its annual "welcome wagon" for new residents, holding another "Wakefield 101" event for forty new residents and families. Many of our town's wonderful organizations, clubs and services were represented and the swag was plentiful, with goody bags full of gift

cards, coupons and other promotional materials from local businesses.

The Beebe Library was well represented and had staff on hand to promote its plentiful programs and answer questions. Friendly volunteers representing the Friends of Beebe Library were of course present. Many of the new residents had not yet visited the Beebe Library - they were guided to the Beebe Library table so they could learn about all that is offered. If you are a new resident, you will soon see that there is plenty to love about the Beebe, and we hope that you will consider volunteering with the Friends.



Our friendly Friends at Wakefield 101; Karen King, Director, and Andrea Phillips Ahearne, V.P.

FROM THE BOARD

Dear Friends,

Happy Fall! I've always enjoyed this time of year – the start of school, cooler temperatures, the upcoming holidays. The Beebe Library may be more in your mind this time of year, as it is in mine. Your children may need to go there to study or to get books to help them with schoolwork. You may need a museum pass to give them some additional knowledge relating to what they are learning in school. You may be searching for cookbooks to make that perfect holiday meal or books to help you build that beautiful gingerbread house. Or maybe you want to treat yourself to an interesting in-person or virtual event. We encourage you to take advantage of these and all the other wonderful things that the library offers. Thanks to you we were recently able to pass almost \$29,000 on to the library to assist them in providing you with the services that you love. Thank you!

There are several ways in which you can help us to support the library:

- Join the Friends. You can do so online (<https://www.friendsofbeebe.org/join>) or grab a membership form at the library,
- Make a donation. This can also be done online (<https://www.friendsofbeebe.org/donate>) or you can mail a check to Friends of Beebe Library, P.O. Box 2115 Wakefield, MA 01880
- Donate books at one of our book drop-

offs that we can sell at our annual book sale.

- Visit our Everyday Book Sale, on the lower level of the library, tucked into the alcove at the bottom of the double-staircase.
- Purchase some honey at the circulation desk.
- Volunteer your time. We have options available for one-time or for ongoing involvement. See the Volunteers Needed section on page 5 of this newsletter.
- Help us to find a new home for our book sale.

Feel free to reach out at friends@friendsofbeebe.org with any comments or ideas.

— *Karen Williams*

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so, in spite of poverty and lack of formal education, he became the author of “*The True Believer*” and other works on mass movements and fanaticism. Stephen King, the writer of horror novels, nourished his love for reading as a child with books from the Bangor Public Library. Reading, he said, made him want to be a writer. He became one, and he never forgot how he got his start. He donated \$3 million to the Bangor Public Library in gratitude. As for the rest of us, reading books from our public library won't necessarily make us journalists or writers. (It might!) It may only deepen our understanding and enjoyment of life. I'll settle for that.

FRIENDS OF THE BEEBE LIBRARY

P.O. Box 1610

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Everyone is invited to our Board meetings on the second Thursday of the month, September through June, starting at 7 p.m., at the Beebe Library.

Become a member. Visit our web page to download an application or pay online via PayPal.
For more information, visit www.FriendsofBeebe.org